

Wild to Mild YOGA

...With Jen Nadeau of Jai Yoga...

This isn't your mom's yoga...We start wild and work our way to mild with this 45 minute yoga session specifically designed for K-2nd graders. Kids will be encouraged to move and stretch with games and yoga poses. Yoga is a wonderful exercise that develops strength, stamina and flexibility. They will also practice focus and relaxation through breathing, balancing and visualization that is beneficial for everyday life.

This six week program will be meeting in **Room 12 at Harpswell Islands School** on **Wednesdays** starting **October 13** and continuing until **November 17** from **3:30 to 4:15 pm**.



This program
is limited to 15
children.



Your child will need:

- Comfortable clothing
- Water
- Yoga Mat (bring from home or available for purchase see below)

*****See reverse side for registration information.*****

Questions? Contact Gina Perow 833-5771 ext 103 or recreation@town.harpwell.me.us



Wild to Mild Yoga

R4178

Child's Name _____ Gender _____ Grade _____

Parent/Guardian Name _____

Phone 1 _____ Phone 2 _____

Email _____

Address _____ ZIP _____

_____ \$20 Class Only (I have my own mat)

_____ \$30 Class & Mat

****Photos taken may be used for local publicity.****

Release from Liability In consideration of my child's participation in Harpswell Recreation Yoga during 2010, I hereby release and discharge Jennifer Nadeau, M.S.A.D. 75, and the Town of Harpswell from all actions, causes of action, damages, claims or demands which I, my heirs, executors, administrators and assigns may have against the aforementioned parties, for all personal injuries, known or unknown, which my child may incur by participation in the above-mentioned activity. I realize my health/accident insurance is responsible for injuries that my child may sustain while participating in the above-mentioned activity. I give the supervisor(s) permission to obtain whatever medical treatment may be necessary in the event of injury.

Signature _____ Date _____

REGISTRATION INFORMATION

- **What are the town office hours?**

Registration forms are available in the lobby of the town office.

Monday –Wednesday & Friday 8:30 am-4:30 pm

Thursday 1:00 pm-6:30pm

- **When do I register?**

Before the deadline date on the top of the registration form.

- **How do I register?**

In person, with the town office receptionist by cash, check or credit card. By mail with a check with a fully completed registration form, or by drop box to the right of the entrance door at the town office. Please include registration form with payment.

- **How do I get Registration forms other than the town office?**

Go to our town website: www.harpswell.maine.gov and click on Town Departments and find Recreation.

Forms are available for you to print. All flyers will come home with elementary school students and there are extras in the school offices. We are unable to send flyers home with middle school students.

- **Will I be sent confirmation?**

No, we do not send out confirmation notices. Consider your child enrolled unless a program is full. In that case, we will contact you as soon as possible, your check will be returned to you and your child will be placed on a waiting list.

- **Cancellations and Refunds?**

Harpswell Recreation reserves the right to cancel or consolidate any program that does not meet the minimum of participants. **Avoid disappointment by registering early and making our programs succeed!**

Refunds will be handled on a case by case basis.

Refunds for cash and checks are done by check. Credit card refunds are put back on the same credit card used for payment.

- **Program Calendars and Sports Schedules are now available on line.**

www.harpswell.maine.gov ->Town Departments ->Recreation ->Recreation Event & Program Calendar

Check payable to: Town of Harpswell
Mailing Address: PO Box 39
Harpswell, ME 04079
Physical Address: 263 Mountain Road
Phone: 207-833-5771
Fax: 207-833-0058